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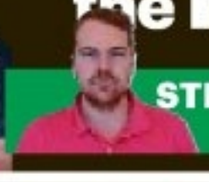


STEVE GOETZ METRO'S REPORTER IN CLEVELAND metroNEWS

Toronto metro

Where the wild Pokémon are (and why)
metroNEWS

Your essential daily news | TUESDAY, JULY 19, 2016 | High 25°C/Low 14°C Sunny

LIZ BEDDALL/METRO

THE *NOT SO* SECRET GETAWAY

People flocking to Toronto Islands like never before metroNEWS

Rental relief on the rise

TORONTO REAL ESTATE

Long-term renters and families get more options

May Warren
Metro | Toronto

Some relief is on the way for Toronto's crowded, expensive rental market, according to a new report from real estate research firm Urbanation.

Almost 300 new rental units have been built in the city so far this year, compared to zero at this point in 2015. And, the number of rental units under construction is nearly double what it was in the second quarter of last year, according to the report.

It still represents a "marginal share" of the housing available in the city, said Pauline Lierman, director of market research at Urbanation.

"But, it's growing."

Most of the new buildings are in the downtown core, with "a smattering" in the 905, Lierman said.

Lierman said developers have newfound confidence in rental projects, as renters, especially young people, look for newer units with more amenities.

"As the single-family home in all its forms gets more expensive, we're seeing a general rise, albeit not as fast, in all forms of housing," she said.

These units can also be larger than the average condo as developers know people are looking for something to rent long-term, Lierman added.

Cherise Burda, director of Ryerson's City Building Institute, said the "stigma" associated with long-term renting is starting to fade, especially for millennials.

Young people want the freedom to move around for their careers and to live in trendy neighbourhoods where they wouldn't be able to buy in, Burda added.

"Renting creates a nimbleness," she said. "It's kind of the, on-demand, as-you-go economy. It applies to cars, it applies to Airbnb, it also applies to where you live."

6,354

Number of rentals under construction in Toronto as of June 30.
SOURCE: URBANATION

metro NEWS

Your essential daily news

Walmart gives Visa the boot in Thunder Bay. **Business**

Gotta map 'em all

This map, created by Toronto Pokémon Go players on Reddit, and shows the location of known Pokéstops in the city. Based on the crowdsourced data, St. James Town, the Danforth and Malvern all have high concentrations of Pokéstops.

Luke Simcoe
Metro | Toronto

Pokémon Go officially launched in Canada on Sunday, sending thousands of Torontonians into the streets in search of their favourite augmented reality creatures.

But if you're not finding many Pokémon wandering around your neighbourhood, don't worry.

There's a reason the cute critters tend to cluster in certain areas and not others.

"There's definitely higher concentration in the city than in suburban and rural areas," said Brian Tsang, a Pokémon Go player in Toronto.

That's because Pokémon Go's geographic database — which determines where Pokémon hot spots are — is taken from an earlier game called Ingress.

Released in 2012, Ingress is a science fiction game where two teams battle to control sites known as portals.

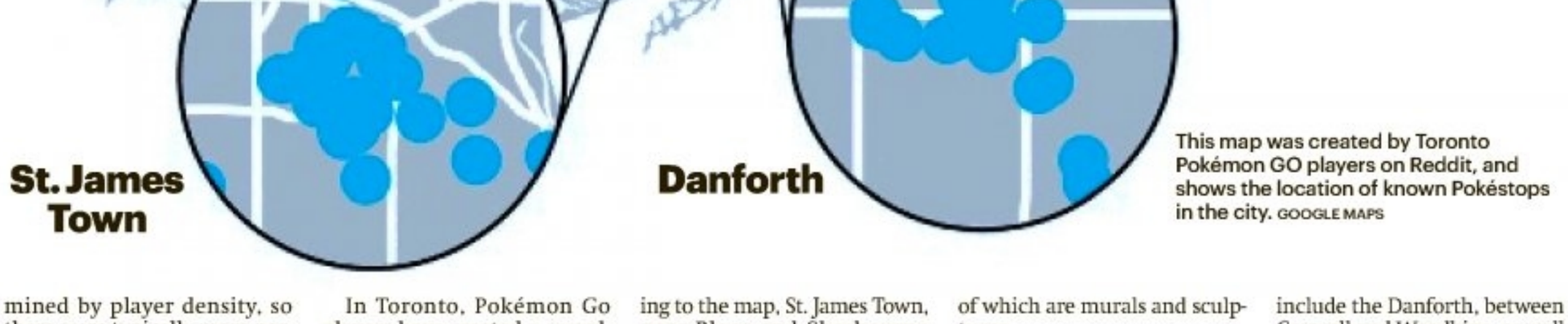
The location of portals was determined by players, who could submit points of interest to the game's developer, Niantic, and have them included in the game.

Portals tended to be located at prominent buildings, parks, or other landmarks, ranging from libraries to churches.

Portal density was determined by player density, so there were typically more portals — and now more Pokémon — in cities.

In Toronto, Pokémon Go players have created a crowdsourced map of so-called Pokéspots in the city. According to the map, St. James Town, near Bloor and Sherbourne streets, has the highest concentration of Pokéspots, many of which are murals and sculptures.

Other locales in the city with a high number of Pokéspots include the Danforth, between Coxwell and Woodbine, as well the area south of Malvern Town Centre in Scarborough.



This map was created by Toronto Pokémon GO players on Reddit, and shows the location of known Pokéstops in the city. GOOGLE MAPS

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Ferry traffic up thanks to heat, boosted capacity

RECREATION

City in process of buying new boats, says spokesman

Luke Simcoe
Metro | Toronto

If you think Toronto Island ferries are sitting a little lower in the water, you're not alone.

City staff say 238,000 trips were taken to and from the Island in June, up 15 per cent from the three-year average. The latest numbers for July weren't available Monday, but officials expect to see another increase.

"There was a lot of attention to tourism on the Island during the Pan Am Games, but year over year, we're maintaining or exceeding those numbers," said parks and recreation spokesman Matthew Cutler.

The increase in Island visitors is due to a number of factors, Cutler said.

Island life — or a glimpse at it — was in high demand Monday afternoon as people packed aboard ferries for the short trip across Lake Ontario. LIZ BEDDALL/METRO

For one, long stretches of hot weather have made the beaches especially appealing. The city also boosted the passenger capacity on ferries, following a negotiation with Transport Canada. Plus, council changed the commercial permit rules on the Island in 2014, making it easier to host events there.

Even with additional space, regular users say ferry lineups are longer than ever.

"There's long lineups for the boats on both sides. There didn't used to be lineups to get back to city, especially not from Ward's Island," said Zorah Freeman-McIntyre, co-owner of the Island Café.

Valerie Cook, general manager of the Rectory Café, said business is booming this summer. In addition to tourists, she said she's seeing more locals taking advantage of the Island's amenities.

> **"We're seeing the demand and we want to modernize the fleet."**
> Matthew Cutler

"The downtown core is using the waterfront much more than they did five or 10 years ago," she said.

The growing number of people making the trek to the Island is taking a toll on the city's aging ferry fleet. The oldest vessel, the Trillium, is over 100 years old and only able to operate in ideal weather.

But, Cutler said, the city is in the process of buying new ferries and their arrival is "imminent."

"We're seeing the demand and we want to modernize the fleet," he said.

PEEL REGION

Officers demoted after beating man at 2012 party

Two Peel cops convicted of assaulting a man who touched female officers' breasts at a police Christmas party have been demoted for discreditable conduct.

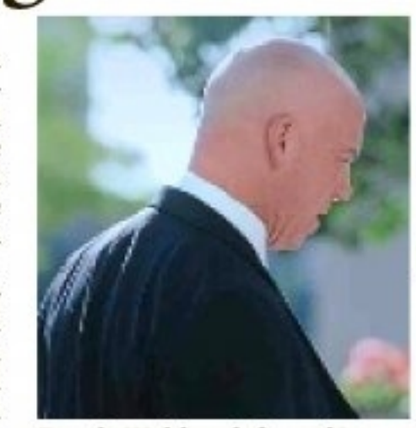
Sgt. Bernie Webber, a 26-year veteran officer, will be dropped to first-class constable for at least two years and will be barred from working in any supervisory role during that time, according to a June 28 Peel Regional Police tribunal decision.

Fellow officer Lance Kerec was also demoted — in his case from first-class to third-class constable — without the possibility of being fully reinstated for three years, Sgt. Josh Colley confirmed Monday.

There's been no decision yet on disciplinary action for Const. Darren Barden, a third police officer involved in the incident, Colley said.

The demotions will result in "significantly" lower salaries for Webber and Kerec, Colley added, though he didn't know by exactly how much.

Webber, Kerec and Barden were convicted last year of assault causing bodily harm and forcible confinement over the altercation, which occurred at a Christmas party in 2012, while the men were off-duty. Kenneth Duff, who was 62 at the time, was punched and dragged toward a public washroom and then "viciously kicked once in the face," according to the April 2015 ruling from Justice Michael Epstein. TORSTAR NEWS SERVICE



Bernie Webber, left, and Lance Kerec TORSTAR NEWS SERVICE

IN BRIEF

Landlord fined $71K after fatal apartment fire

The owner of a Jane Street apartment building where a woman died in an April 2015 blaze will pay $71,000 in fines for fire code infractions.

The landlord pleaded guilty July 15 to breaches including exit signs not being illuminated, no records of tests for emergency lighting and a stairwell door not closing or latching properly, Toronto Fire Service said Monday in a news release.

TORSTAR NEWS SERVICE

Caplansky's, landlord come to settlement

Fans of smoked meat will be delighted to know that Caplansky's Deli and its landlord have come to an "amicable settlement" after a lengthy dispute over the lease of the popular deli on College Street.

Landlord Walter Kung and deli owner Zane Caplansky came to a settlement on July 14 after Kung changed the locks and terminated his lease at its main location on College Street on June 6, according to Caplansky.

TORSTAR NEWS SERVICE

Mississauga embarks on LRT transformation

A multibillion-dollar LRT transformation is about to begin in Mississauga, promising to do for the sprawling suburb what the subway did for Toronto.

"This is truly transformational," says Ed Sajecki, the man in charge of planning and building Mississauga, a day after council agreed on a "memorandum of understanding" with the province to build an almost 20-kilometre light rail corridor right up Hurontario Street. TORSTAR NEWS SERVICE

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Feds take on gender violence

WOMEN'S RIGHTS

Advocate knows how online threats can seep into real life

It's one of the central ironies of Julie Lalonde's life — an advocate for women's rights working to end gender-based violence and harassment, her work has caused her to experience much of the hate she's fighting to eradicate.

"Imagine every day you get up, and there's someone who just yells obscenities at you. You get in your car and you go to work, and while you're doing that they're yelling obscenities at you … you sit in your cubicle and they're yelling at you and the same thing happens when you walk home," Lalonde said.

But instead of being delivered in person, the obscenities and harassment she gets are mostly sent online — emails, tweets and messages telling her to kill herself, and posting her address for others to find her. Sometimes, the threats turn real as online harassers show up at her events to threaten her to her face.

Julie Lalonde's advocating against gender-based harassment has led to her experiencing it online. TORSTAR NEWS SERVICE

Lalonde is the developer and manager of Draw the Line, a campaign focused on helping bystanders intervene when they see sexual violence. She's also known through her personal women's rights advocacy on social media.

Now, she's hoping that an announcement by Status of Women Minister Patty Hajdu that the federal government is developing a strategy to curb gender-based violence means she and women like her will see an end to harassment.

The federal government is aiming to prevent this kind of harassment happening in the future. At an event Monday, Hajdu said the government was launching consultations to develop a strategy against gender-based violence. The strategy will focus on youth and online gender-based violence.

"Although we've made progress … all of us here today know all too well that we still have a long way to go, particularly when it comes to gender equality," Hajdu said.

Hajdu also announced that funding would be restored to advocacy projects applying under the Women's Program at Status of Women Canada. Advocacy projects saw their eligibility revoked in 2007, a move that saw many women's groups shut down over lack of funding.

The consultations will continue over the summer, and see results in the form of campaigns or legislation starting late 2016 or early 2017, Hajdu said.

Lalonde hopes one of the things that comes out of the consultations is a public campaign teaching the public about the prevalence and danger of online harassment. Beyond that, she wants to see more tools to enable bystander intervention — where people support others who are being harassed.

It's the kind of thing that would take away the onus of dealing with harassment from the victims of harassment to the general public. It's something Lalonde also wishes she had.

"Why does it have to be me? Why can't I have someone supporting me," she said.

TORSTAR NEWS SERVICE

NICE, FRANCE

No word if student killed

Misha Bazelevskyy

The Ukrainian embassy in Ottawa says one of its citizens died in a deadly truck attack in France last week but won't confirm whether the victim is a missing student studying in Canada.

Mykhaylo (Misha) Bazelevskyy, 22, has permanent resident status in Canada, but was travelling on a Ukrainian passport. Bazelevskyy is a fourth-year bachelor of commerce student at MacEwan University in Edmonton who was in Nice participating in a summer program.

Spokesman Kostiantyn Kostenko says the embassy is still waiting for an official list of victims from French authorities.

"(When) the French authorities present an official list of victims, we'll know if this person is recognized dead or not," he said.

There are still dozens of people who haven't regained consciousness, he added. THE CANADIAN PRESS

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Tensions rage in Cleveland

STEVEN GOETZ
METRO'S REPORTER IN CLEVELAND

The simmering racial and political tensions gripping the U.S. have the city of Cleveland on edge as it hosts the Republican National Convention this week. Metro was on the scene Monday as two demonstrators from the opposing camps confronted each other over a barrier formed by armoured police. Every day this week, Metro will take you behind the scenes to bring you the faces, stories and issues of the people at the convention.

CAMRY KINCAID

Cleveland native Camry Kincaid was one of the demonstrators confronted by "Brother Jim's" megaphone.

Along with a dozen others, Kincaid led a chant of "Black Lives Matter," effectively drowning out the evangelist's words.

"It felt good yelling so loud no one could hear their hate," Kincaid told Metro. "What people heard was that we matter."

Kincaid said the recent killings of unarmed black men and the murder of police officers in Baton Rouge and Dallas was a wake-up call to the deep divide in the city and country.

"I fear for my life right now, even amongst all these people and the cops here," Kincaid said. "I feel like at any minute, I could find myself with two bullets in my back."

Cleveland native Camry Kincaid, 19, joined a dozen others to chant "Black Lives Matter" at a group of evangelists led by "Brother Jim." STEVEN GOETZ/FOR METRO

With so much tension, Kincaid said she didn't know how the country could come together: "They are trying to incite a race war and it looks like we are headed there."

'BROTHER JIM' GILLES

Jim Gilles, an evangelist preacher from Evansville, Ind., told Metro he came to Cleveland to "preach the Gospel to protestors."

Well known in evangelical circles for his confrontational tactics, "Brother Jim" took to a megaphone to preach his anti-gay and pro-law enforcement message to hundreds of anti-Trump protestors gathered in a park, just a few blocks from the convention centre.

Standing alongside a half dozen other men carrying banners depicting anti-gay messages, Gilles riled the crowd with homophobic slurs and told them to "follow police instructions" or face the consequences.

"We are a bunch of friends and we get together to preach at events," Gilles said. "We actually helped the police right there to break up a Black Lives Matter rally."

"Brother Jim" Gilles confronts anti-Trump protestors in Cleveland with his anti-gay message. STEVEN GOETZ/FOR METRO

Gilles was optimistic his efforts and a new Republican president would unite the country.

"The divide ends with Donald Trump being elected and getting law and order back in this country," he said. "We just need to let these people know they can't riot, pillage, steal things, kill people without paying the consequence."

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BATON ROUGE

'The world is crazy right now. It is complete chaos'

Fresh out of the police academy, Matthew Gerald was so proud to bring his cruiser home that he stood in the driveway, wiping it down under the hot Louisiana sun. His neighbour Ashley Poe watched as he flicked the blue lights on and off, on and off.

Poe and her husband shared a laugh. The 41-year-old former soldier and Marine looked like an excited kid.

"It's like living out the dream," she said.

Gerald got to live it only for a few months. He was one of three officers gunned down in an ambush Sunday in Baton Rouge, traumatizing a nation already on edge.

In the span of 10 turbulent days, 10 law enforcement officers have been killed by attackers — at a protest march in Dallas, a courthouse in Michigan and now a convenience store in Baton Rouge. Together, the shootings represent the deadliest attack on law enforcement in decades.

The officers who died Sunday all lived just outside Denham Springs, a quiet bedroom community across the Amite River from Baton Rouge, which has been in turmoil for two weeks. Tensions rose sharply after the death of Alton Sterling, a black man killed by white Baton Rouge officers after a scuffle at a convenience store. The killing was captured on cellphone video.

As the nation debates race and policing, this community is mourning three of its sons — all husbands and fathers described by friends as being committed to serving the public.

"These are our families. These are good men. They're the only line of defence between good and evil," Livingston Parish President Layton Ricks said. "We say we don't want to let this evil affect how we live our daily lives. But it does."

Gavin Long, a former Marine from Missouri dressed in black and carrying extra ammunition, opened fire on officers around 8:45 a.m. Sunday, police said.

The gunfire also killed 45-year-old Brad Garafola, an East Baton Rouge Parish sheriff's deputy and a father of four, and 32-year-old Montrell Jackson, a 10-year veteran of the Baton Rouge Police Department with a newborn baby at home.

Garafola and Gerald were white. Jackson was black, as was the gunman.

"The world is crazy right now. It is complete chaos," Jackson's sister-in-law said. "And it all needs to stop, everything. We all need peace."

Three other officers were wounded. One of them, Deputy Nicholas Tullier, remained in critical condition Monday. The gunman was killed at the scene. THE ASSOCIATED PRESS

THE OFFICERS

Matthew Gerald was a Marine from 1994 to 1998. He later joined the Army and served as a decorated soldier from 2002 to 2009, including three tours in Iraq.

Montrell Jackson's father-in-law, Lonnie Jordan, called him a "gentle giant" — tall and stout and formidable looking, but with a peaceful disposition.

Brad Garafola's friends described him as a man committed to public service and devoted to his family. Sgt. Gerald Parker, a close friend, described him as a "jack of all trades" who enjoyed helping people in his neighbourhood.

Tensions still rising as Turkey purge continues

AFTERMATH

Friction with the West boils after failure of military coup

The purging of thousands of alleged plotters of a failed coup raised tensions Monday between Turkey and the West, with U.S. and European officials urging restraint, while Ankara insisted that Washington extradite an exile accused of orchestrating the plot.

Authorities have fired nearly 9,000 police officers, bureaucrats and others, while detaining thousands more alleged to have been involved in Friday night's attempted coup, the state-run Anadolu news agency reported.

Former air force commander Akin Ozturk, alleged to be the ringleader of the uprising, was put under arrest following questioning by a magistrate along with 25 other suspects, the news agency said. Ozturk, who has denied involvement and insisted he had tried to suppress the rebellion, appeared in video from Turkish TV looking bruised with a bandage over his ear.

President Recep Tayyip Erdogan refused to rule out bringing back the death penalty, telling CNN: "There is a clear crime of treason."

"If they accept to discuss it then I as president will approve any decision that comes out of the parliament," he said. He said Turks have been calling for the reinstatement of the death penalty because of the increased terror attacks and demand for swift justice.

Anadolu said 8,777 employees attached to the Interior Ministry were dismissed, including 30 governors, 52 civil service inspectors and 16 legal advisers. Other media reports said police, military police and members of the coast guard also were removed from duty.

THE ASSOCIATED PRESS

A youth salutes during a rally in Istanbul, protesting against the attempted coup on Tuesday. EMRAH GUREL/THE ASSOCIATED PRESS

FRANCE

Complex picture of Nice attacker emerges

Authorities investigating the truck driver who killed 84 people in a Bastille Day attack painted a complex picture Monday of a man who did not seem devout but had recently become interested in jihadi violence and researched past attacks in France and the U.S.

Paris prosecutor Francois Molins, who oversees terrorism investigations, said by all accounts Mohamed Lahouaiyej Bouhlel drank, ate pork and had an "unbridled sex life." But his computer and phone showed searches relating to Daesh and other jihadi groups.

"A search of his computer illustrates a clear ... and recent interest in radical jihadism," Molins said, adding that Bouhlel had recently grown a beard and told people it was for religious reasons. While officials have said the attack was obviously premeditated, they have not found any evidence that Bouhlel had co-ordinated with an extremist network.

Internet searches on Bouhlel's computer included Islamic propaganda chants, the terms "horrible deadly accidents," and the recent attacks against the gay nightclub in Orlando. THE ASSOCIATED PRESS

RETAIL

Walmart kicks off its Visa cards ban

Three Walmart stores in Thunder Bay, Ont., are no longer accepting Visa, the payment company said Monday as it encouraged its customers to take their business elsewhere.

After months of negotiations, Walmart said last month it would eliminate Visa as a payment option at those stores because it believes it pays the retail giant too much in merchant fees. The company has promised to extend the ban on Visa cards to its 400 locations across Canada, though it has not said when that will happen.

Visa, Canada's largest credit card firm, shot back Monday with a message for Walmart customers.

"Until an agreement can be reached in this commercial dispute, we encourage shoppers to use their cards at the more than 5,200 stores in Thunder Bay that accept Visa," the corporation said in a statement.

Walmart says it pays more than $100 million in fees annually for customers using credit cards like Visa, MasterCard and Discover.

"The issue is that credit card fees are too high in Canada. We believe Visa's fees should be lower for everyone, whether they are a large retailer, small retailer or a charity," said Alex Roberton, a Walmart Canada spokesman. "Canadians deserve better than paying a hidden fee that is four times higher than consumers pay in other countries."

Visa says it offered Walmart one of the lowest rates for any merchant in the country but the retailer wanted more. If it had given in, Visa said, Walmart's merchant fees would have been lower than those charged to local grocery markets, pharmacies, convenience stores, charities and schools. THE CANADIAN PRESS

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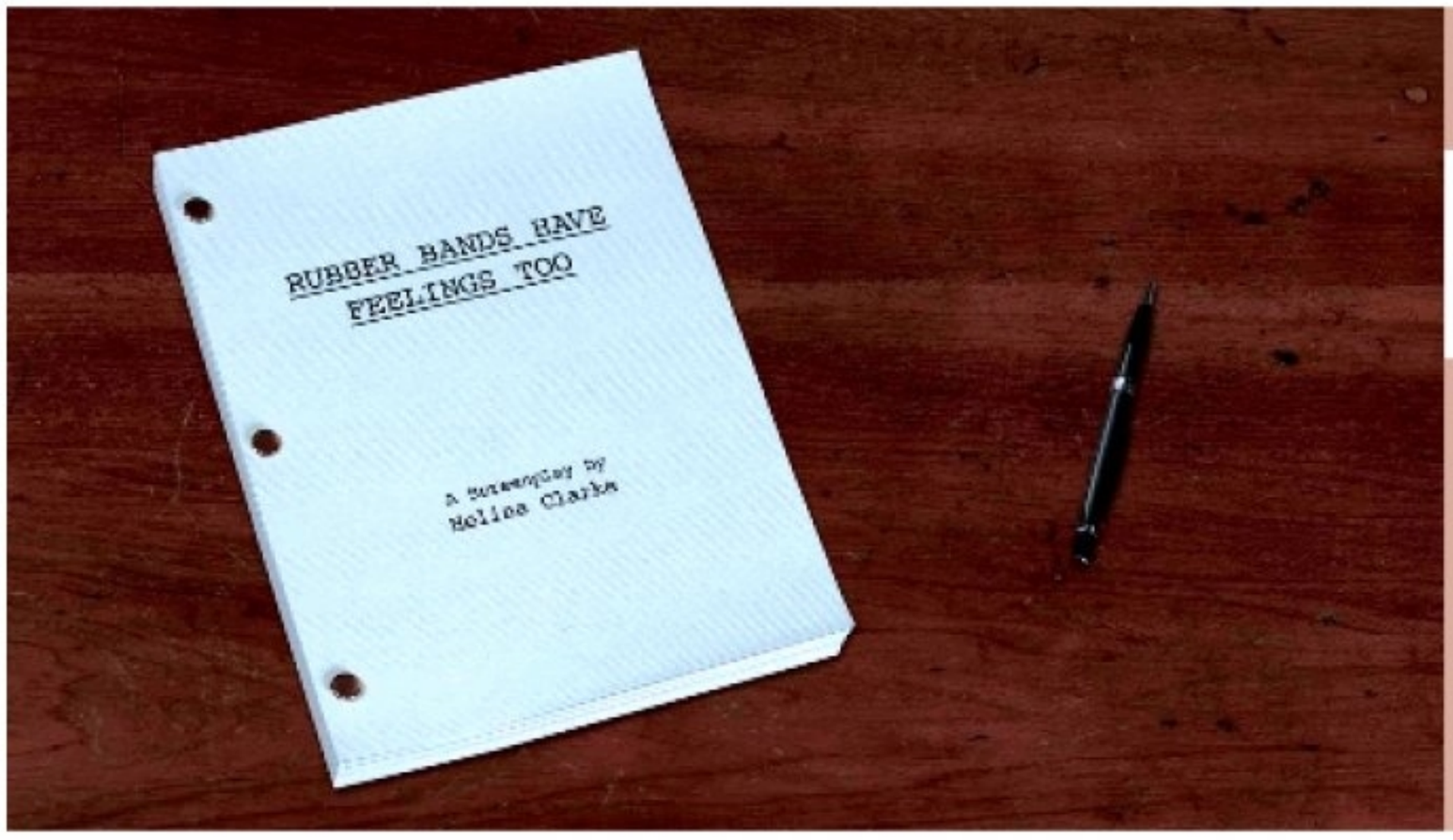

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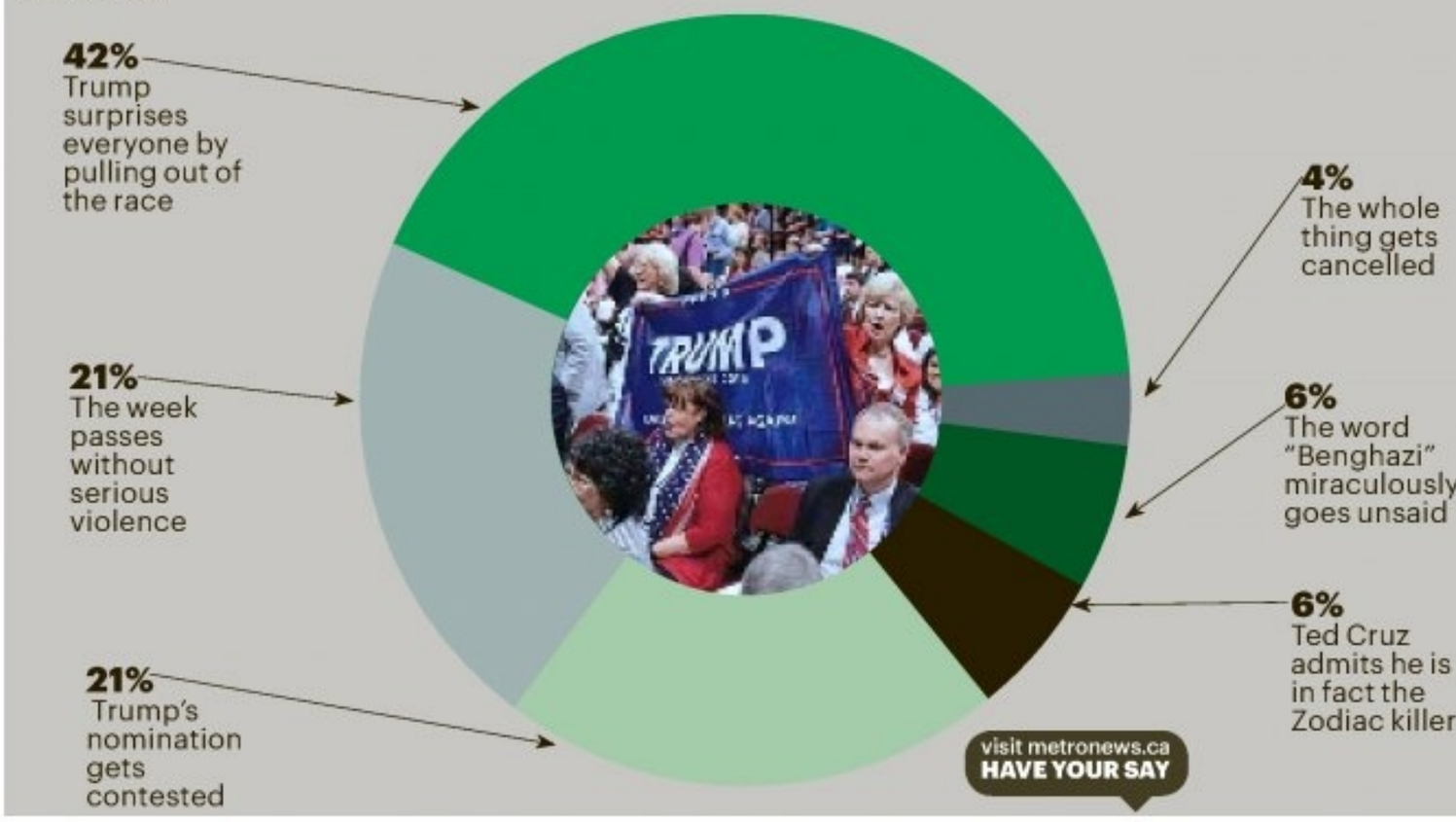
METRO POLL

What's the best case in Cleveland?

Republicans have gathered or the party's convention, where Donald Trump will (or at least should) get formally nominated for president and the party's platform will be unveiled. In the current climate, many are fearing the worst. But asked you to tell use what would the best-case scenario looks like?



It's the same old song but with a different meaning

TORY'S TORONTO

Matt Elliott

Three years ago, in a blog post for Metro driven mostly by frustration, I rewrote the lyrics to "The Song That Never Ends" to refer to Toronto City Council's seemingly endless debate around the Scarborough Subway.

It went like this: "It's the debate that never ends / Yes, it goes on and on my friends / Some people started planning it not knowing what it was / and they'll continue debating it forever just because."

But today I think the music has finally stopped. Toronto's endless subway debate is over.

After a day-long council debate last Wednesday ended with a decisive 27-16 pro-subway vote, I can see no reasonable scenario in which Toronto revives their plans for a seven-stop Scarborough LRT. The cost would be too high. The logistics too challenging. It's time for us LRT supporters to give up.

But before Mayor John Tory and the 26 city councillors who supported the subway plan congratulate themselves, I want to talk to them directly.

Because while, sure, they've approved a one-stop extension of the Bloor-Danforth subway to Scarborough Town Centre, their job isn't done.

First, this gang of 27 better understand that the consistent message from Chief Planner Jennifer Keesmaat was not that a single subway stop would immediately spark urban transformation in Scarborough. Instead, Keesmaat's vision is contingent on a full build-out of a transit network, which includes a 17-stop Eglinton East LRT.

If, decades from now, all Toronto has delivered for transit riders in Scarborough is a single subway stop — if the LRT plan is derailed by "war on car" arguments and hand-wringing — Toronto's political leadership will have failed.

Subway supporters can't let that happen.

Second, every pro-subway voter needs to understand that they now have a responsibility to pay for this Scarborough transit plan in its entirely.

And that's no easy thing. The subway budget will inevitably increase and the LRT is almost entirely unfunded.

So it's imperative that Tory and these councillors unambiguously support a revenue measure like a parking tax or a sales tax to pay for the transit plan they've promised.

I don't want to hear excuses. Any subway-supporting politician who tries to shirk their responsibility for paying for this transit is a political coward and the worst kind of opportunist — prepared to take Scarborough out for a meal but unwilling to pay the bill.

The people of Scarborough shouldn't stand for that. This can't be another transit decision that leads to scaled-back plans and vanishing funding, plunging us back into more debate.

Toronto been stuck hearing that same repetitive transit song for years. It wormed into our brains and drove some of us to despair.

This next track must be better.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

A brief message from the Vancouver of the not-too-distant future

Welcome to Vancouver!

We know you'll love your new home, purchased a mere 50 per cent above last year's selling price! What a deal!

The fact that you've opted for a super-slim micro-development — utilizing that once-dead five-foot space in between houses — proves you're a perfect fit for this city of the future. A land of milk, honey, and a homogenous demographic. Quite literally a billionaire's heaven on earth.

The secret to sublime living here really isn't a secret: This city clicks because our citizens do! Everyone is cut from the same cloth — 1,400-thread-count sateen. The celestial vistas this city offers are priceless, because you can afford them! Like Whistler, but bigger. (We knew that would happen.)

It's an incredible story, but it didn't come easy. For years, Vancouver had the frenzied, messy, kaleidoscope populations so many cities suffer from. Then (by design or ignorance, we're actually not sure which) an unencumbered, globalized and predatory real estate market did what no politician could: It unified the city by throwing out the poor! And the middle-class! And the mildly wealthy! Sorry: Relocated. Someone has to serve your coffee and fill your 3rd floor office space, we agree. You just don't have to live alongside them.

Visit the downtown eastside for a hit of urban realism without any of the actual real drug use, metal bands and street life that use to be there! No more grit, but a TON of exposed brick.

Ride the city's mountains on hover-craft skis and snowboards while your VR glasses imitate real snow!

Take a jog along the seawall and don't worry about running into kids or cumbersome strollers — most of the cities families moved out years ago (back in 2016 when 60 per cent of families threatened to leave the city, turns out they meant it!).

We think it's a safe bet to assume you're new here (most born here can't stay, nevermind the Musqueam, Squamish and Tsleil-Waututh First Nations who actually owned this land).

So here's one last tip: Avoid travel during rush hour, if you can. The public transit system is packed to the gills — no, no, we know you'd never use it! But everyone who used to live here now commutes from service-sector housing an hour away. The trains and buses often break down, but it's not your problem when you're not on them! So just drive one of your four cars outside the hours of 7 to 10 a.m. and 4 to 7 p.m., and you'll find Vancouver is the epitome of luxury living.

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metro LIFE

Your essential daily news

Bachelorette Canada gets an after show with host Jennifer Valentyne

Dating and trying to stay positive

RELATIONSHIPS

The risks of sex with HIV have changed, stigma hasn't

Genna Buck
Metro Canada

People in treatment are living long and healthy lives with HIV and are unlikely to infect others. But fears of the virus persist. ISTOCK

After eight years of living with HIV, Jason Cole is used to rejection and ghosting. But it still stings. It happened most recently when Cole was chatting with someone on the same-sex dating app Grindr.

"It was a great conversation. And it got as far as the point where we were talking about meeting up. And I actually brought it up with him: 'Hey, have you had a chance to take a look at my profile? He said 'no'," said Cole, a writer from Brampton, Ont.

The profile is totally upfront. It says Cole is HIV-positive but undetectable: Thanks to antiretroviral treatment, the virus is under control and at very low levels in the blood.

"I didn't hear from him after that. He blocked me."

It wasn't the first time something like this happened. Like many people living with HIV, Cole faces a lot of stigma from potential partners, plus "ignorant" remarks like "How did you get it?" and "At least you don't have AIDS."

"Very few have been from a place of nastiness. It's from a place of fear," Cole said.

Those fears — and the stigma that comes with them — are out of step with reality.

Thanks to powerful new drugs, there's a vanishingly small risk of passing HIV to another person through sex if the virus is undetectable in the blood. If antiretroviral treatment is combined with condoms, the danger is close to zero.

You're far, far more likely to get it by having unprotected sex with someone who's in the highly contagious early stages of HIV infection, but doesn't know it yet.

This suggests that the tough HIV talk prior to sex shouldn't necessarily be "What's your HIV status?" But "When was your last HIV test?" and, if the person is negative, "Are you taking PrEP?"

Pre-exposure prophylaxis or PrEP, known under the brand-name drug Truvada, is a daily medication that dramatically reduces the risk of contracting HIV. (In Canada, it's not approved for HIV prevention, but many doctors will still prescribe it to people at high risk).

Paralyzing fears of having sex with HIV-positive people — no matter how safe it is — persist.

Public health messages about HIV prevention that try to scare people into safer sex contribute to the stigma, said Sarah Chown, executive director of YouthCO, which supports young people living with the virus in B.C.

> **We need to build a community that knows the truth about HIV.**
> Sarah Chown, executive director, YouthCO

And stigma, she said, is actually what's driving the epidemic.

"It makes it harder to access information. It makes it harder to talk to doctors and parents. And it makes it harder to disclose your status."

"Rejection hurts and it's awful," Chown said. "And it really hurts because we know people with HIV go to great lengths to avoid passing the virus to others."

Being open about your HIV status is not the only way to prevent infecting others, Chown explained. Using condoms, having a partner on PrEP, being undetectable and choosing not to have penetrative sex also work.

At YouthCO, young people practice disclosing their status with other HIV-positive peers first.

Some kids strategize by gradually telling their friends and potential partners various facts about HIV in the weeks leading up to the disclosure conversation, Chown said.

But the HIV-positive teenagers she's working with today are not having a "substantially different" experience than eight years ago when she started, she said.

"We need to build a community that knows the truth about HIV, and that is supportive and welcoming to people living with HIV."

HIV NUMBERS

0
In a study of 888 European couples with one HIV-positive partner in appropriate treatment, this was the number of new infections among the HIV-negative partners.

92%
The reduction in the risk of HIV infection among people taking pre-exposure prophylaxis (PrEP) medication as directed.

75,500
The approximate number of people living with HIV in Canada.

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E-cigarette use among youth worries experts

HEALTH TREND

Study raises alarm over high numbers of teens 'vaping'

Parents and doctors questioning teens about whether they smoke should also be asking if they're using e-cigarettes, which could be a gateway to nicotine addiction later on, says a pediatrician who led a new study.

Dr. Michael Khoury's research involved nearly 2,300 students in Grade 9 in the Niagara region of Ontario. Over 10 per cent of them had used electronic cigarettes, said Khoury, though a national report funded by the Public Health Agency of Canada and released earlier this year suggested the rate of Grade 9 students who have tried e-cigarettes is even higher.

"The most common reason that three-quarters of them used it was to be cool, or it was fun and something new," Khoury said about his research. "That's really concerning because they're clearly not using them for what they're marketed as, which is as smoking cessation devices."

E-cigarette use is now more common among adolescents than conventional cigarettes, creating concern among health officials as studies have concluded youth who 'vape' are much more likely to smoke in the future. ISTOCK

Khoury conducted the study while he was a pediatric cardiology resident at the Hospital for Sick Children in Toronto. It was published Monday in the Canadian Medical Association Journal.

E-cigarette use is now more common among adolescents than conventional cigarettes, but the practice that mimics the tactile experience of smoking could also renormalize it for youth who've grown up learning about its effects on health, said Khoury, who is currently completing his residency at Stollery Children's Hospital in Edmonton.

He noted that at least two previous American studies have concluded that youth who use e-cigarettes or "vape" are much more likely to smoke in the future.

E-cigarettes contain a battery, a heating element and a cartridge with a liquid solution that may or may not contain nicotine and other flavours such as cotton candy, peanut butter and jam, and vanilla. Puffing on the e-cigarette heats the solution, creating a smoke-free vapour that is inhaled.

In Canada, e-cigarettes and "e-juice" containing nicotine have not been approved for sale. Nicotine-free vaping products that do not make health claims are legal.

Most provinces have created legislation around the sale and marketing of e-cigarettes though there are ongoing calls for the federal government to take regulatory leadership on the issue.

THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Sex & drugs & terrific dialogue

THE SHOW: Sex&Drugs&Rock& Roll, Season 2, Episode 1 (FX)
THE MOMENT: Quoting Sammy Hagar

Johnny Rock (Denis Leary), a former guitar god now playing bar gigs, just learned his girlfriend had a year-long affair with his best friend. His drummer Bam Bam (Robert Kelly) consoles him. Sort of.

"Do you know how many chicks out there would love to hook up with me?" Johnny asks.

"None, dude," Bam Bam replies. Johnny gives him a look.

"Yesterday is dead and gone," Bam Bam continues. "Tomorrow, there's no guarantees. Right now is all you got. Right now. It's everything."

A beat of silence. "Are you quoting Sammy Hagar to me?" Johnny asks.

"Am I?" Bam Bam says, shocked. "I am. Van Hagar. I love that guy."

"Bro, we're getting old," Johnny says. "Time's a b—, counting out numbers, both of us know we ain't getting no younger."

Denis Leary plays for laughs as Johnny Rock. CONTRIBUTED

"Springsteen," sighs Bam Bam.

"No!" Johnny yells. "Right now you might need an Alzheimer's test."

I don't care how hideous Leary's rock wig is here, he just makes me laugh. He creates shows (this, plus Sirens and Rescue Me) that are alive with naturalistic, overlapping dialogue.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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metro SPORTS

"I spent a lot of time here on vacation ... I like Canada a lot": Manager Zinedine Zidane whose Real Madrid worked out in Montreal on Monday

WADA calls for ban on Russia

OLYMPICS

Scathing report outlines how samples were tampered with

A scathing report detailing a complex system of widespread, state-sponsored doping in Russia — a scheme that included government officials tampering with hundreds of positive samples — has led the World Anti-Doping Association to call for the country's outright ban at next month's Rio Olympics.

An independent inquiry headed by Canadian lawyer Richard McLaren alleges a plan to make positive tests in some 30 sports "disappear" was in force in Russia at least from late 2011 to August 2015.

While Monday's report makes no recommendations for any discipline against Russia, saying that is not its mandate, the WADA executive board called on the International Olympic Committee to ban all Russian teams from Rio. WADA also wants Russian government officials to be denied access to international competitions, including the upcoming Games.

The IOC executive is to meet via conference call Tuesday to make that decision, which president Thomas Bach said could include "provisional measures and sanctions with regard to the Olympic Games Rio 2016."

He said in a statement that the report showed "a shocking and unprecedented attack on the integrity of sport," and that it "will not hesitate to take the toughest sanctions available against any individual or organization implicated."

30

The report found evidence of doping in 30 sports, led by track and field and weightlifting.

The Russian athletics team is already provisionally banned from the Rio Games based on an earlier WADA investigation.

One instance in which the report claims tests were tampered with revolves around a Moscow drug-testing lab at the centre of a system it called Disappearing Positive Methodology.

Urine samples taken at sports events would be referred to the Russian sports ministry where they would be labelled either "save" or "quarantine." The quarantined samples would go through normal testing and be registered with WADA. The saved ones, most of them showing positive results for banned substances, would be substituted with clean samples.

Of 577 samples, 312 were marked "save." THE CANADIAN PRESS

"Can you imagine if CSIS was involved in trying to win a water polo tournament, how ridiculous it would seem in Canada? Don't they have better things to do?

Canadian kayaker Adam van Koeverden

HOMECOMING PHIL THRILLS WITH THE CUP AT SICK KIDS Phil Kessel poses with Micah Michaud, 2, next to the Stanley Cup on Monday at the Hospital for Sick Children. The former Maple Leaf brought the trophy he won as a member of the Pittsburgh Penguins to Toronto, the city he considers his second home. THE HOSPITAL FOR SICK CHILDREN

IN BRIEF

Raps sign undrafted point guard to multi-year deal

Fred VanVleet went to Las Vegas and won big.

The Toronto Raptors announced Monday that they've signed the undrafted six-foot, 195-pound point guard to a multi-year contract. He played well through five games for the Raptors in the Las Vegas Summer League, averaging 6.2 points, three rebounds and 1.6 assists in 16 minutes per game.

VanVleet spent four years with the Wichita State Shockers, taking the program into the NCAA tournament each year he played there. He left as the school's all-time leader in assists (637), steals (225) and assist-to-turnover ratio (3.08). TORSTAR NEWS SERVICE

Sens, Rangers swap centres

The New York Rangers traded Derick Brassard to the Ottawa Senators for Mika Zibanejad in a deal involving players coming off career seasons.

The Rangers also will receive the Senators' second-round draft pick in 2018. Ottawa will get the Rangers' seventh-round pick that year. THE ASSOCIATED PRESS

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AND MANY MORE ITEMS PRICED TO CLEAR!!!

Cubs finally figure out NL rival Mets

MLB

Chicago puts end to losing streak dating back to playoffs

Anthony Rizzo hit a three-run homer, Jon Lester pitched 7 -2/3 innings and the Chicago Cubs stopped an eight-game losing streak against the New York Mets with a 5-1 victory on Monday night in a rematch of last year's NL Championship Series.

With one out and two on in the third inning, Rizzo fouled off five straight 2-2 pitches from Steven Matz before driving a changeup deep into the right-centre bleachers for his 22nd homer.

The crowd of 41,353 cheered wildly as Rizzo rounded the bases on a picturesque night at Wrigley Field. The All-Star slugger is batting .339 with three homers and 10 RBIs in July.

Anthony Rizzo hit his 22nd home run of the season on Monday night. JONATHAN DANIEL/GETTY IMAGES

The last time the Mets had visited the iconic neighbourhood ballpark, they finished off a sweep of the Cubs to advance to the World Series. They swept Chicago again in New York from June 30 to July 3, roughing up Lester for one of the wins.

This time around was much different.

Lester (10-4) allowed one run — Wilmer Flores' leadoff homer in the seventh — and four hits in his first win in a month. David Ross added a sacrifice fly in the sixth, and Albert Almora Jr. singled in Matt Szczur in the eighth as the NL Central leaders won for the fourth time in five games since dropping five in a row.

Pedro Strop struck out Neil Walker with runners on first and second in the eighth. Hector Rondon replaced Carl Edwards Jr. with two runners on in the ninth and got Travis d'Arnaud to bounce into a game-ending double play for his 16th save. THE ASSOCIATED PRESS

MONDAY In Chicago

5	1
CUBS	METS

HACKING SCANDAL

Ex-Cards exec gets 46-month sentence

A federal judge sentenced the former scouting director of the St. Louis Cardinals to nearly four years in prison Monday for hacking the Houston Astros' player personnel database and email system in an unusual case of high-tech cheating involving two MLB clubs.

Christopher Correa had pleaded guilty in January to five counts of unauthorized access of a protected computer from 2013 to at least 2014, the same year he was promoted to director of baseball development in St. Louis. He was fired last summer and now faces 46 months behind bars and a court order to pay $279,038 in restitution. THE ASSOCIATED PRESS

$1.7M

Prosecutors say the hacking cost the Astros about $1.7 million, taking into account how Correa used the Astros' data to draft players.

IN BRIEF

Ryan pays for Twins sins
The Minnesota Twins fired general manager Terry Ryan on Monday, with the team on pace to lose 100 games this season. THE ASSOCIATED PRESS

Murray out for Rogers Cup
Wimbledon champion Andy Murray announced Monday he has withdrawn from the Rogers Cup tennis men's tournament in Toronto because of fatigue. THE CANADIAN PRESS

Foster signs with Dolphins after Achilles injury
Four-time Pro Bowl running back Arian Foster agreed to terms on a one-year deal with the Miami Dolphins, agent Michael McCartney confirmed on his Twitter account on Monday. THE ASSOCIATED PRESS

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RECIPE Easy Shrimp Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The combination of textures creates a party on your dinner plate.

Ready in
Prep time: 30 minutes
Total Time: 40 minutes
Serves: 4

Ingredients
- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix the sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat a skillet to high, add a little olive oil. Add half of the shrimp. Cook until you see pink around the edges. Flip them over and cook for a couple minutes until shrimp are pink and opaque. Repeat with second batch.

4. Place shrimp, crema, tortillas, cilantro, salsa, sliced radishes and avocado on table and let people build their own tacos.

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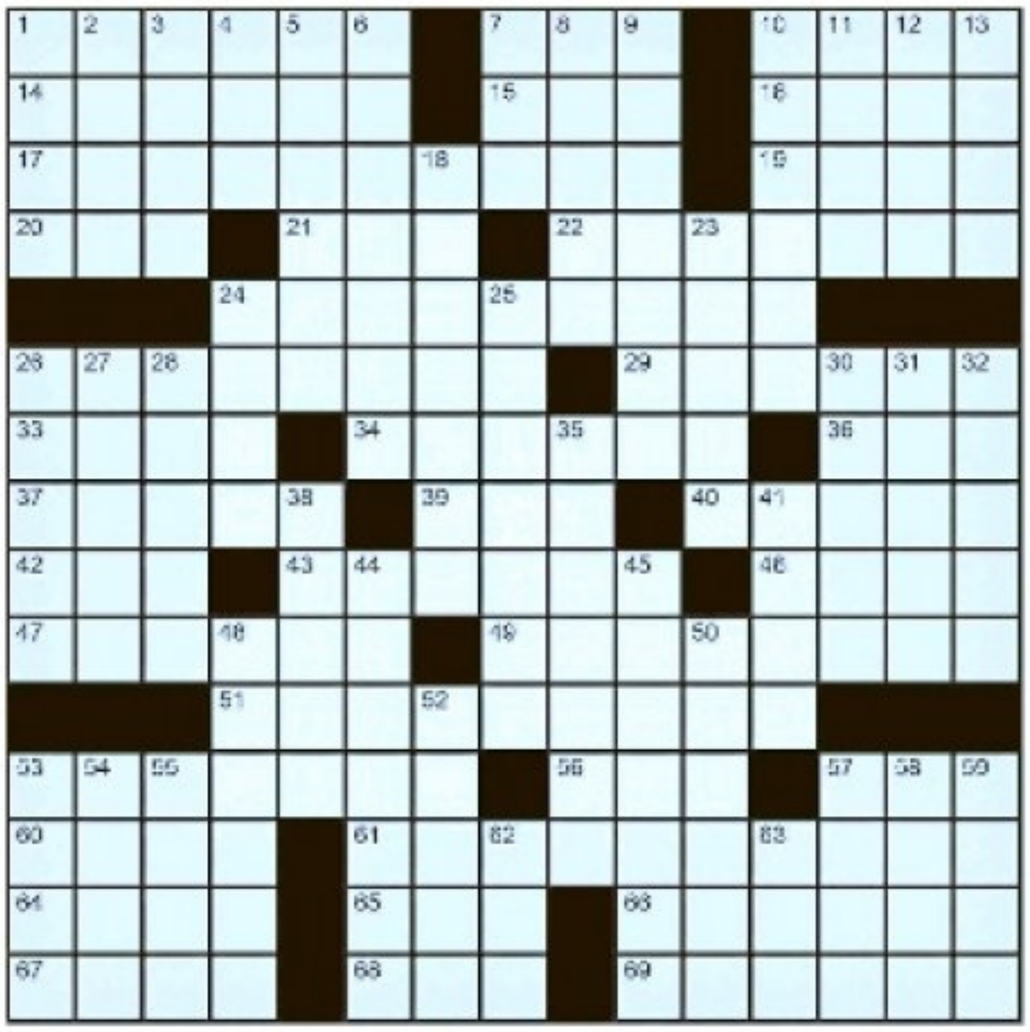
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fortify food
7. Egyptian __ (Cat breed)
10. RBI, e.g.
14. German author of The Sorrows of Young Werther
15. Dada artist Jean
16. "Enid" songwriters, __-Robertson
17. Ancient-style sandals
19. Doorway sign
20. Roman sun deity
21. __-washed jeans
22. Niagara-on-the-Lake export: 2 wds.
24. Canadian fashion label launched in 2014: 3 wds.
26. Carmen aria
29. Ground-to-roof contraption
33. Macy Gray hit: 2 wds.
34. Sounds
36. Fruity beverage
37. "Good __!" - Charlie Brown
39. 'Motor' suffix
40. RCMP ride
42. Mr. Bellows, Canadian star
43. Rik __, Toronto-born member of "Lay It on the Line" band Triumph
46. 25th spelled-out letters
47. 1892 Montreal-founded tea
49. Canadian painter, Jean Paul __ (b.1923 - d.2002)
51. Menu item: 2 wds.
53. Uniquely-titled 1995 adventure movie starring Robin Williams
56. CFL feats
57. Queen guitarist Brian
60. 1967: "Get __"
61. Hockey book by former Prime Minister Stephen Harper: 3 wds.
64. Nero's 402
65. "Evita" (1996) role
66. Render a rant: 2 wds.
67. 1990s nu-metal band
68. "The War of the Roses" (1989) leading lady ...her initials-sharers
69. Beau and Jeff's dad, and namesakes

DOWN
1. Bad __ (Putrid people)
2. __ contendere (Court plea)
3. Actual
4. "__ be an honour."
5. Contribute: 2 wds.
6. Boost/uplift
7. Psychedelic jacket
8. Antiperspirant brand
9. High-end
10. Released the volcanic lava
11. Andy Kaufman sitcom
12. Opposin'
13. Head: French
18. The __ Capital of British Columbia (Nickname for Victoria)
23. Internet money
24. Showbiz star Danny
25. Hammer-with-prop workers
26. __ Boson, 'The God Particle'
27. Glass-ceiling lobbies
28. __ Building (NYC's songwriting landmark)
30. Ms. Hannah
31. Bygone car named after Henry Ford's son
32. Ms. Witherspoon
35. Satisfy with sustenance
38. Placed, as paper to the shredder: 2 wds.
41. Needed to pay back
44. Canadian brand of 'Premium Apple Lager': 2 wds.
45. Revealed everything: 2 wds.
48. Neat ___ (Tidy)
50. Delicate watercolour
52. "__ Is Enough"
53. Athlete, in slang
54. Reverse
55. Alaska's famous Glacier
57. Jesus' mom
58. During
59. Sures, informally
62. __ judicata (Settled court matter)
63. '60s lettered car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a tricky day indeed. Be very careful about your relationships with authority figures — bosses, parents, teachers, VIPs and the police. Be courteous. (Don't quit your day job.)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today. Meanwhile, expect travel plans to be canceled, changed or rescheduled.

Gemini May 22 - June 21
Double-check your bank accounts and expect sudden changes or errors in matters related to inheritances, shared property, insurance issues and debt. Nothing is reliable today.

Cancer June 22 - July 23
Today the only Full Moon opposite your sign all year is taking place. This is just one reason you might be at sixes and sevens when dealing with partners and close friends. Patience.

Leo July 24 - Aug. 23
Matters at work will not go smoothly today, which means you have to be patient with co-workers. Avoid power struggles; just go with the flow.

Virgo Aug. 24 - Sept. 23
This is an accident-prone day for your children or children you work with. Therefore, you must be vigilant. (Romantic partners must be patient with each other as well.)

Libra Sept. 24 - Oct. 23
Your home routine will be interrupted today. Do what you can to avoid domestic arguments. Small appliances might break down. Expect the unexpected.

Scorpio Oct. 24 - Nov. 22
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be careful and think before you speak.

Sagittarius Nov. 23 - Dec. 21
Financial matters are unpredictable today. You might find money; you might lose money. If shopping, count your change, save your receipts and check your bill.

Capricorn Dec. 22 - Jan. 20
Today the only Full Moon all year that is in your sign is happening. This can make relations with partners and close friends upsetting and too emotional. Easy does it.

Aquarius Jan. 21 - Feb. 19
Expect changes at work and in your daily routine. Even your health might cause you concern. (Things will be more normal in 48 hours.)

Pisces
Feb. 20 - March 20
A friend might shock you or do something unexpected today. Alternatively, you might meet someone who is a real character. Be careful dealing with others today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		6		7		9	
8								1
	3						4	
	9		2		1		6	
	1						5	
	2		8		5		3	
	6						1	
3								9
	4		5		6		8	

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5	4	9	8	3	6	2	1	7
8	2	7	1	9	4	3	5	6
1	7	2	5	4	9	6	3	8
3	6	5	7	2	8	1	9	4
9	8	4	3	6	1	7	2	5
2	9	3	4	8	7	5	6	1
7	1	6	9	5	2	4	8	3
4	5	8	6	1	3	9	7	2

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